

**Abstract**

Inflammation of the muscles of the posterior thoracic spine can lead to a number of physical ailments. This inflammation can have a number of causes, one typical  
5 cause being overuse in a work environment leading to stress or tension within these muscles. Although many related physical ailments can be treated with medication and a properly prescribed and maintained exercise program, at present, an effective, simple-to-use and inexpensive means  
10 for correcting the position of the thoracic spine is not available. Embodiments of the present invention provides a resilient pad that is adapted to be interposed between the upper thoracic spine of a user and a substantially hard surface.